

Cytomegalovirus (CMV) Information

For Healthcare Providers



In pregnancy...

Cytomegalovirus (CMV) infection during pregnancy can be passed to the fetus and may lead to congenital CMV (cCMV), which can cause lifelong health concerns. A pregnant person can pass CMV at any time during pregnancy. CMV is not routinely screened for during pregnancy in the United States.

CMV is passed through saliva and urine. To reduce risk during pregnancy, patients should:

- Wash their hands after contact with saliva or urine, especially from young children.
- Avoid sharing utensils, food, and drinks, especially with young children.
- Avoid kissing young children on the mouth.

In infancy...

About 1 in 200 children are born with cCMV. Most infants born with cCMV infection will appear healthy at birth, but **1 in 5** will develop long-term health concerns, including hearing loss or developmental disabilities.



About 1 in 10 infants born with cCMV have symptoms at birth, which may include small head size, petechial rash, jaundice, or an enlarged liver and spleen. About 7% of infants with cCMV will not pass their newborn hearing screen.

Early intervention is important. Infants treated early may have better health outcomes. Treatment can include medication, continued hearing screening, or developmental monitoring based on the infant's needs.

For more information

- Birth defects and CMV: [NBDPN CMV Toolkit \(www.nbdpn.org/cm-v-awareness\)](http://www.nbdpn.org/cm-v-awareness)
- CMV risk reduction: [National CMV Foundation \(www.nationalcmv.org/learn-about-cmv/cm-v-and-pregnancy/cm-v-transmission\)](http://www.nationalcmv.org/learn-about-cmv/cm-v-and-pregnancy/cm-v-transmission)
- Confirmatory testing and treatment: [AAP Red Book \(https://publications.aap.org/redbook/book/755/chapter/14076706/Cytomegalovirus-Infection\)](https://publications.aap.org/redbook/book/755/chapter/14076706/Cytomegalovirus-Infection)